



USDA Foods Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 04-19-12)

Visit us at www.fns.usda.gov/fdd

100519 – APPLES, FRESH, 40 LB

Nutrition Information

CATEGORY	<ul style="list-style-type: none">Vegetables/Fruits
PRODUCT DESCRIPTION	<ul style="list-style-type: none">U.S. Fancy Grade fresh apples.
PACK/YIELD	<ul style="list-style-type: none">40 lb case, cell (96-140 apples) or tray pack (100-150 apples). Each case shows the apple size by count. The fewer apples per case, the larger the individual apple. The apples are approximately 3$\frac{1}{8}$ in. diameter for a count of 100; 2$\frac{7}{8}$ in. for a count of 125; and 2$\frac{5}{8}$ in. for a count of 150.One lb AP 125-138 count apples yields 0.91 lb (about 3$\frac{2}{3}$ cups) ready-to-cook or -serve raw, cored, unpeeled apple and provides about 14.8 $\frac{1}{4}$-cup servings of raw, unpeeled apple (about $\frac{1}{4}$ apple) OR 3.0 baked apples (about $\frac{1}{2}$ cup cooked fruit) OR about 11.4 $\frac{1}{4}$-cup servings raw, cored, peeled fruit OR about 6.8 $\frac{1}{4}$-cup servings cored, peeled, cooked, unsweetened fruit OR about 5.8 $\frac{1}{4}$-cup servings cooked, sieved, unsweetened fruit.CN Crediting: $\frac{1}{4}$ cup raw, cored, unpeeled apple OR $\frac{1}{4}$ cup cooked fruit provides $\frac{1}{4}$ cup fruit. One whole, raw apple provides 1 cup fruit. One baked apple provides about $\frac{1}{2}$ cup fruit.
STORAGE	<ul style="list-style-type: none">Optimum storage temperature for apples is 32 °F with 90% relative humidity in their original shipping containers.Keep apples in a well ventilated area away from walls. Avoid temperatures below 32 °F.The length of time apples can be held in cold storage varies with the variety and the condition of the apples when harvested.

Apple, raw with skin

	1 medium apple, 2 $\frac{3}{4}$ in. diameter	1 large apple, 3 $\frac{1}{4}$ in. diameter
Calories	72	110
Protein	0.36 g	0.55 g
Carbohydrate	19.06 g	29.28 g
Dietary Fiber	3.3 g	5.1 g
Sugars	14.34 g	22.03 g
Total Fat	0.23 g	0.36 g
Saturated Fat	0.04 g	0.06 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.17 mg	0.25 mg
Calcium	8 mg	13 mg
Sodium	1 mg	2 mg
Magnesium	7 mg	11 mg
Potassium	148 mg	227 mg
Vitamin A	75 IU	114 IU
Vitamin A	4 RAE	6 RAE
Vitamin C	6.3 mg	9.8 mg
Vitamin E	0.25 mg	0.38 mg



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PREPARATION/ COOKING INSTRUCTIONS	<ul style="list-style-type: none">• Wash apples thoroughly before using.
USES AND TIPS	<ul style="list-style-type: none">• Serve apples fresh, whole or sliced. Apples may also be served with cheese, peanut butter, or yogurt dip. Use in salads or baked items.
FOOD SAFETY INFORMATION	<ul style="list-style-type: none">• Wash apples thoroughly before using.
BEST IF USED BY GUIDANCE	<ul style="list-style-type: none">• For guidance on how to effectively manage, store, and maintain USDA Foods, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm.• For additional information on product dating, go to page 13 of <i>Choice Plus Food Safety Supplement</i> at: http://nfsmi-web01.nfsmi.olemiss.edu/documentlibraryfiles/PDF/20080206043207.pdf.

Nutrient values in the nutrition information section are from the USDA National Nutrient Database for Standard Reference, or are average values from vendors who provide USDA Foods. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.